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A hospital for the diseased
1587

Wards see headline before
page 3.

pp 13-14
pp 25-28

C. ii, D. iv, E 1
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A most excellent
& Fruitfull Treatise
conteyning an Hospitall
for the Diseases
or Booke of physicke
containing sundry
Cures and Medicines
for the sick Sores

London
1587

Patient with Ale, within fower and twentie houres after he is infected, and he shall with Gods grace escape and doe well.

A Plaister to drawe a head to the sore of the Plague, and to breake it.

TAke twoo Lillie rootes, one handfull of sower dowe, two handfuls of Mallowes, one handfull of Linseede, stampe all these together small, and boyle it in a quarte of the Lees of Wine till it be thicke, then laie it an inche thicke vpon leather, broder then the sore, and let the borders of the leather bee plaistered with coppiers Waxe, to make it cleane: it shall bryng out the Botch in twelue hawers, and breake it shortly.

¶ A medicine that was taught Kyng Henry the seuenth by his Phisition, against the Pestilence.

TAke halfe a handfull of Rewe, likewise of Mandragories, Fetherfewe, Sorrell, Burnet, and a quantitie of the croppes and rootes of Dragons, washe them cleane, and seethe them with a soft fire in runnyng water, from a pottle to a quarte, and then straine them together through a cleane cloath, and if it bee bitter, put thereto a quantitie of Sugar candy, or of other Sugar, and if this medicine be vsed before the purples doe arise: ye shall bee whole by Gods grace.

A medicine to bee drunke, suspectyng any to haue the Plague.

TAke a great Onyon, and the core beyng taken out, fill the same full of good Treacle of Gene, and wrap the same in a paper, and rolle it till it be soft, then straine the same with a little Wine vineger, and beyng tempered with a quantitie of Sugar, giue the Patient to drinke twoo spoonefulles fastyng, and if the Patient bee infected with the Plague: you shall perceiue the appearance there-

of, within sixe houres after the receipt of the same drinke.

¶ Also for the vsuall drinke of euery Pacient beyng so infected.

TAke of Rosemarie the quantitie of eight or nine croppes, then take of Marigoldes beyng broune within, of Burnet, and of Bourage, euery one a handfull thereof, let them be sodde in a quarte of stale Ale clarified, then putt into it a crust of breade, a little whole Mace, and a quantitie of Sugar, and let hym drinke the same at all tymes durying his sickenesse, and put Pimpernell in his broath.

Also an other drinke to be taken euery morning, for a preseruatiue against the Plague, and for the auoyding of infection.

TAke Sauery the quantitie of a handfull, and boyle the same in a quarte of good Wine vineger, with a spoonefull of Graines beyng beaten, and put into the same: then drinke the same with a quantitie of Sugar euery morning fasting.

A good medicine against the Plague.

TAke of Betony water the quantitie of three spoonefulles, of good Wine Vineger, the quantitie of three spoonefulles, and the quantitie of a Nutmegge of good Treacle of Gene, or els the quantitie of a Hasell Nut of Methridatum, beyng all mixed together, take it in the begimning of your sickenesse.

¶ For the Plague.

TAke in the morning fasting one drie Figge, one Walnut, and fower or fiue leaues of Rewe, chopped altogether, and eate them, and afterwardes drinke a cup of wine, if it be a woman with child, leaue out the Rewe.

¶ For the Plague.

Take

TAke an vnce of the leaues of Rewe, halfe an vnce of good Figges, an vnce of Jeneper berries, twoo vnces of Walnuttes picked, fower vnces of Vineger, and a good quantitie of Saffron: stampe all the foresaied thynges together, and reserue them in an yearthen potte or a glasse fast stopped, that no aire issue out, whereof if ye receiue in the mornyng vpon a kniues pointe, the quantitie of a Beane or more, ye shalbee sure by the grace of God, not to be infected within xviij. howers after.

A medicine for the Plague or Leprosie.

TAke herbe Grace, Southernwood, Mugworte, Wormewood, of eche a handfull, three or fower handfulles of Jeneper berries, those whiche be blacke, cut and shred the herbes small, and put them in a Flaunders Pipkin, and poure thereto fower quartes of good white wine Vineger, and let them soke a seuen nightes if the herbs be drie: if thei bee greene, let them soke not aboue fourteene howers, then put a handfull or two of those herbes whiche bee in the Pipkin into the still, and then take out a quarte of thesame Vineger, and poure it into the Still vpon the herbes, and distill it with a prettie soft fire, for too greate a fire will waste it awaie, and so still it vntill you haue stilled all, from the Pipkin into the Stillatorie, and after this, poure it into the Pipkin againe, and put as many newe and freshe herbes, with so many berries as you had before into the Pipkin againe, and so let them soke one other seuen nightes, and then still them againe as you did before, and so the third tyme to be vsed with newe herbes, &c. in thesame maner as before, and at the laste tyme, put foure vnces of Methridatum into the Pipkin emongest the herbes, or els fiue or sixe vnces of Triacle, in place of the Methridatum, for want thereof, and then beeyng stilled as before, put thesame into a double glasse, and stop it with a peece of leather bounde about it, and if the partie be infected, let hym take thereof fower vnces at one tyme: and if

neede bee, you maie giue hym so muche for twoo or three daies, as you see cause, and to a woman but twoo vnces, and to children, accordyng to their age, and as thei be able to beare it: and so sweate twoo or three howers, or longer if the partie maie indure, and one stande by alwaies to wipe their face, least by puttyng out their hande, thei take colde, &c. when all this is three tymes stilled, it will not amount to aboue three or fower quartes.

¶ An oile for all maner of aches, bruses, and strainynges of the Sinewes.

TAke a pottle of Netes feete oile, and a quarte of an Ore gall, a pinte of *Aqua vitæ*, a pinte of Rose water, Baye leaues, Rosemarie stripped from the stalkes, Strawberie leaues, rootes, and stringes, Lauender Cotton, of euery of these a handfull, beate them small, and put them into the foresaied stuffe, and seeth it ouer a fire of coles, in a pan of twoo gallons, and at your owne perill, let not the flame touche the stuffe: let it seeth verie well, and then take it of, and let it stande vntill it bee almoste colde, then straine it through a course Linnen clothe, but not the bottome of the saied liquor: then putte it in a glasse and so keepe it, and when you are pained, annoint your greefe withall.

¶ For an ache.

TAke *Aqua composita*, and the Oile of Netes feete luke warme, and annoint the pacient vppon the place of the greef, laiyng warme clothes thereon.

A medicine for an ache, or shrinking of Senewes.

TAke the tenderynges of Rosemarie, and Marthe Mallowes, by as euen portions as you can gesse, gather your herbes when thei be drie, from raine and dewe: punne them in a Morter very small, then take Maie butter well clarified, and put it to the herbes, and mingle it

in

in a vessell, and let it stande fower daies, then set it ouer the fire, and let it seethe till the strength of the herbes bee gone, then take a little of it in a spoone and let it droppe vpon thy naile, and if it be greene as the Emeralde, it is perfect: and then put it in an yearthen pot, and when you will occupie it, you must warme it.

A medicine for an ache.

TAke Parslie and Wormewood, of eche a handfull, and seethe them in a quarte of Ale, with a quantitie of sweete Butter, & washe well the place therewith that akes, and also binde the hearbes to the place, as hot as you maie suffer it.

An approued oyntment for aches.

STampe Smallage, and put to it *Aqua vitæ*, and straine it, then put thereto Boyes greace, and stirre them well together, and annoynt the Pacient before the fire therewith euenyng and mornyng.

A medicine for an ache in any place.

TAke Sowthistle, Chickweede, Elder leaues, Grounsell, and Cleuers, of eche a handfull, dryp all these together betweene two Tyles, and then laie these herbes to the place where the greefe is: let the herbes be washed before thei be dryed.

A medicine for achyng sores.

TAke iuyce of Smallage, of Sorrell, of Mayhyed, of eche of them like muche: take Honey, and the white of an Egge, of either like muche, and mingle them together till it thicken, let it come nere no fire, but all rawe and colde laie it to the sore.

For aches and swellynges in the knees.

TAke a quarte of Malmesey, and a handfull of Tyme, boyle them together, and when it is halfe boyled, put

in a good peece of sweete Butter, and let them boyle together from a quarte to a pinte: when you goe to bed bath your knees well therewith, and wett a cloath three or fower tymes double therein, and laie it to your knees as hot as you can suffer all night, and vse this sixe or seuen tymes, and it will doubtlesse helpe you.

For a Sciatica or ache.

TAke oyle of Netes feete, and *Aqua composita*, and annoynt the same place where the paine is, then take Woole newly plucked from the Sheepes backe, and laie thereon, and wrappe it well with warme cloathes.

A plaister for an ache.

TAke as muche stone Pitche to the value of a Tennis ball, and a spoonefull of Tarre, and a peniworthe of Treacle and Rosine, to the value of a Tennis ball, and a spooneful of Honey, boyle it ouer the fire in a little Kettle, and stirre it all together till it bee well melted, then take a newe Sheepes skinne, and make holes in it with a bodkin, and spread the medicine on the fleshie side of the skin, and laie it to the ache as hot as you maie.

For an Ague.

TAke Burre rootes, and red Nettle croppes, and seeth them in stale Ale, and clarifie it, and giue the sick therof to drinke aboute suche tyme as the colde beginneth to come, and after the heate bee past. When you see that he beginneth to sweate, giue hym to drinke Posset ale, made with marigolde and Fenell, and see the Posset ale be well clarified: vse this medicine, for it will take awaie the Ague within three or fower fittes at the vttermost.

A medicine against the hot Feuer.

Take

TAke a handfull of Bay leaues, a handfull and more of redd Sage, and seeth the same in a pottle of stale Ale to a quarte, and the same beyng strained, let the Pacient, beyng in bed, drinke thereof a good draught, beyng warmed with a little Sugar, an houre before his fit do come.

A good medicine for an Ague, be it quotidian or quarten.

TAke of Smallage, and of Fetherfewe, of either of them the quantitie of a handfull, stampe them and straine them, and then take halfe so muche as the iuyce of the same is of small Ale, and beeyng mixt together, drinke it warme a little before the tyme that the fitte shal come: that is to saie, whē you perceiue any grudging. This must bee drunke three seuerall tymes, the Pacient goyng to bed and clothes enough laied vpon hym.

A medicine for an Ague.

TAke Nettles, and Cobwebbes, and Salte, and beate them in a Wodden dishe, and laie it to the left arme of the sicke, and it will take awaie the heate of the Ague.

For the Ague.

TAke Soote, and yolkes of Egges, and Baie salt, and Pepper, and mingle them together, and laie it to both the wrestes, and it will take awaie the Ague.

For your drinke in an Ague.

FOR your drinke: take Ale, and not strong, and vse it luke warme.

Drinke and Pottage in an Ague.

MAke your Pottage & Posset ale, and Almond milke with these herbes followyng: that is to saie, Sinckfoyle,

foyle, Succorie, Buglosse, Endiue, Bourage, Sorrell, Lettice, and Fenell rootes, and Parslie rootes, great Reasons, and Prewnes.

A medicine for the drought in an Ague.

TAke a quantitie of Burrage, a quantitie of Sorrell, a certaine of Violet leaues, a certaine of Strawberrie leaues, seeth them in a pottle of faire runnyng water, to a quarte, then straine the herbes: then take Almondes, and blanche them, beate them, and straine them with the said water, and put Sugar therein, and drinke it warme.

A medicine for a quarten Ague, and for the drought.

TAke a pottle of good redde wine, and a pottle of newe Milke of a Cowe of one coulour, take twoo or three good handfulles of Mouse eare cleane picked and washed, stripe it into the Milke and Wine, and temper them together, and let them stande so one night, and put them in a faire Still, and Still them with a softe fire, and take the water, and put it in a faire glasse, and sette it in the Sunne fower or fiue daies, and lette the sicke when he drieth in his Ague drinke thereof three or fower tymes, and he shalbe ridde of his Ague, and his drinke shall quench his drought.

A medicine against the Quarten.

TAke shell Snailes twoo handfulles, Baie Salte, Wallowes, of eche a handfull, beate these together, and laye it to the soles of your feete, before the quarten fitte doeth come.

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A medicine for the colde in a Feuer.

TAke Camamile and Wormewood, and seeth them in a quarte of Ale, till halfe bee consumed, and giue it the pacient first and laste.

A medicine against the hotte Feuer.

TAke a pottle of stale Ale, and a bottonie of a stale white lofe, and a handfull of Sinkfoile, a handfull of Camamell, Treacle and Vineger, of eche a spoonefull, a fewe whole Dates, Sugar Candie, as muche as thei lift, and seeth these vntill halfe bee consumed, and straine it frō the herbes, and giue it to the patient to drinke, and none other drinke duryng his heate, and as muche thereof as he will, and it helpeth.

For the Ague.

TAke twoo or three Cloues of Garlike, and bruse the, and a peniworthe of *Aqua vitæ*, halfe a pinte of Ale, seeth theim togethier, and drinke it a little before the fitte come, as hotte as you maie.

Against the corrupt aire.

TAke Betanie, Centorie, and Egremonie, of eche a handfull, and stampe them and straine them with Ale and with a Licoras sticke bruised, and then boile it and clarifie it, and make it pleasant with Sugar, and drinke therof euery morning blood warme three spoonefulles, three or fower daies.

For a man haue an vnperfite

SEeth Centozie in faire cleane water, and let the sicke drinke thereof euery Morning blood warme, three spoonefulles, three or fower daies.

To make a man haue an appetite to his meate.

SEeth Centozie in faire cleane water, and let the sicke drinke it luke warme fasting three daies, eche daie nine spoonefulles, and he shall be whole, for this purifieth the stomacke, and breast also.

A good comfortable ponder to digest well, and many other good properties.

TAke Pellatozie of Spaine, Centozie, Annis, Licozas Graines of Paradise, Ginger, Sinamon, of eche like muche, beaten and searced into fine pouder, and drinke thereof mozning and euening halfe a spoonefull, in wine or Ale.

To make Hypocras for a weake stomacke.

TAke a pinte of *Aqua vite* and putte in a glasse, then take twoo vnces of Sinamon, one vnce of Ginger, twoo peniwozthe of Cloues, twoo peniwozthe of Graines, one of Nutmegges, and beate them al together to grosse pouder, and putte theim all into the glasse to the *Aqua vitæ*, and shake it euery daie often, nine daies together, and then drinke it with Wine or Ale, halfe a spoonefull, or a quarter, with halfe a pinte of Ale.

A medicine to cleanse the backe and to purge the raines.

TAke one Fenell roote, and twoo Parsely rootes, and picke out the pithes of theim, and take thereto one handfull

Another for the same.

TAke a Toade and drye hym in the Sunne very drie, then put hym in a Linnen bagge, and hang him about your necke with a string, so lowe, that it maie touch your breast on the left side nere vnto your harte, and commonly it staieth al kind of bleeding at the mouth, or nose wound.

An other to stoppe bloud.

IF your nose doe bleede vnmeasurablie, then tye your little finger very harde about the lower ioynt, and for the most parte it faileth not but staieth the same.

For spittyng of blood.

TAke the iuyce of Betony, and temper it with Goates milke, and giue the pacient to drinke three daies.

For the same.

TAke Smallage and Mints, Rewe, and Betony and seeth them well in good Milke, and suppe it warme.

To stench blood at the nose.

TAke Betony, stampe it with a little Salte, as muche as thou maiest take vp with thy two fingers, and put it in thy nose.

To stench bloud.

TAke Linnen cloth and burne it, and take the powder, and put it in an other cloth, and so laie it to the wound. Also take an herbe that is called Peruincell, and holde it betweene thy teeth, and thou shalt not bleede while thou holdest it there.

Good for the braine.

TO smell the sauour of Muske, Camamill, to drinke Wine measurably, or to eate Sage but not much, to to keepe the head warme, often washyng of your handes, measurable walkyng, measurable sleeping, to heare little noyse of Musicke or Singers, to eate Mustard, Pepper, the sauor of redd Roses, and to washe your temples with Rosewater.

Ill for the braine.

ALL maner of braines, Gluttonie, Drunkennesse, late Suppers, to sleepe muche after meate, corrupt ayres, anger, heauinesse of mynde, to stande muche bare headed, to eate to muche or hastely, to muche heate, to muche watchyng, to muche cold, Milke, Cheese, all maner of Nuttes, muche bathyng, Onyons, Garlick, and great noyse, or to smell a white Rose.

For stoppyng in the breast.

TAke Rewe, and seethe it in Eysell, and so drinke it: Drinke Nettle seede brayed, and it shall voyde grauell of the stone in the raine of the backe.

For a stinking breath.

TAke the Seede of Coriander, and boyle it in white Rumney or Sacke, and thereof drinke three spoonefulles in the mornyng, and as muche at euenyng, but that you drinke in the mornyng must bee colde, and the other hot, but you must vse to take none excesse of meates, nor drinkes, nor sit not late vp, but rise early.

A medicine for a bruse in the Legge, or arme or els where.

TAke Watercresses, and washe them cleane, and seeth them in faire water till they bee soft, then beate them small

small in a Morter, and put them in a cleane panne, and put thereunto sweete sewet of Harte, Bucke, or Sheepe, and put thereto the Lees of Wine, and Wheate branne, and frie altogether and make a make a plaister thereof, and lay it warme to the sore place, and so laie three or fower plaisters as neede shall require.

Another plaister for a bruse or sore vnriped.

TAke Otemeale grotes, and seethe them in sweete Cowe milke, vntill thei bee as thicke as Pappe, and put it into a panne, with a quantitie of Sheepes tallowe, and boyle them well, and sturre them well, and then make a plaister thereof, and laie it to the greefe as hot as ye can suffer.

For a bruse or straine.

TAke the grounds of Ale or Beare, and Wheate bran, and Chickweede, and laie it to the greefe three or fower tymes a daie vpon a redd cloth, not to thinne.

For all bruses and aches in the bones.

TAke a good quantitie of Walwort, and a certaine of Balme, and Smallege, and stampe them well, then take a pounde of Maie Butter, and temper theim together, then make theim in roundе balles, and let theim lye eight daies after, and then stampe it againe, then frie it, and straine it, and so put it in an yearthen potte, and this will helpe the bruse, though it be verie blacke.

A medicine for burnyng, scaldyng, or hurt with an handе Gunne.

TAke tenne or twelue Egges, as you will make the quantitie of your Oile, and let theim bee as newe as

you maie, and laye them in the fire, and rosse them as hard as you can, then take the yolkes, and chop theim as small as you can, and put theim in an yearthen pot, and set it ouer the fire, and take a sticke and stirre it, and lette it boile vntill you see it consumed, in a maner to nothyng: then take it from the fire, and set it in the aire a quarter of an howre or more, and there will come an Dile thereof: then take a feather, and annointe the greef with the same Dile, and take Hartes tongue leaues, and laye it vppon the greef, and that will gather the skinne, then you maie bind a clothe to it.

Another medicine for the same.

TAke the dung of Geese, of one nightes makyng, and freshe Butter vnsalted, or els clarified Sheepes sewet, and frie them in a fryng panne, a good tyme or season, vntill your sewet be almost consumed, then put them in a cleane course Linnen clothe, and straine theim into a small vessell: then take a feather, and dippe it in the licour, and annointe the place burned, or skalded, and when you haue so dooen, wet a fine Linnen clothe in the saied licour, and couer the sore withall, and dooe this twise or thrise a daie, and by Gods grace it shall helpe you.

For burnyng and skaldyng.

TAke Maiden worte, stampe it and seeth it in freshe Butter, and straine it, and annoint the patient.

To take awaie a heate or burnyng with Gunne ponder.

TAke a good quantitie of Houseleeke, stampe it, and wryng out the iuice, take the white of sixe Egges, and beate theim in a dishe till they be thinne, and then take of the stone, and put the rest together, and washe the sores with

with a Linnen clothe, and laye the clothe a loste on the sore wette.

A medicine for burnyng or skaldyng.

TAke blacke Sope, or graie Sope, and laye it immediatly to your sore.

For burnyng or skaldyng.

TAke a good handfull of Auans, & as muche of sheepes dung, and so frie theim in Nale butter, and straine it, and annointe the place with the same colde, twise a daie, and annoint it first with graie or blacke Sope, and it will helpe: the ointment must be spread upon a Flaxen cloute, if you can get it.

To make an ointment for burnyng with Gunne pouder, or scaldyng with water.

TAke a handfull of Barroes greace, and twoo handefulles of Grounsell, and twoo or three handfulles of Houseleeke, and stampe the herbes together, then put to it newe Sheepes dung two handfulles, of Goose dung two handfulles, and stampe them altogether, and beyng hot, straine them through a clothe into an yearthen pott, and with the liquor annoynt the burned place.

An oyntment for burnyng.

TAke Plantine, Maybred, Daisie, and the greene barke of Elder, and greene Goose dung, and Oyle of Oliffe, stampe them together and wring them through a cloth, and bathe the hurte with a feather.

For burnyng or scaldyng in what place so euer it be.

TAke the white of an Egge, and put it in a pewter dish, and then labor it with an Allome stone, till it be like a Posset curde: then take a fine peece of Linnen and wet it in Oyle Oliffe, or in some other Oyle: then laie the saied cloth vpon the sore, and aboue it laie the foresaied Curde made of the white of an Egge, and that shall drawe out the fire and heale the sore.

For burnyng or scaldyng.

TAke fower Egges and rost them, and take out the yolkes, and frie them in a panne softly vppon the Embers, till thei be blacke, and thereof will come an Oyle, the whiche saue and put it in a Gallie pott, and vse it when thei haue neede.

A medicine for a burnyng, for lacke of other thynges.

TAke the berries of the Elder tree, and laie vnto the sore and it helpeth.

An other medicine for the same.

TAke Oyle Oliffe, and beate it with water till it waxe very white, and annoynt the place.

For a burnyng with fire.

TAke blacke Uernish, and all to annoint the place with a feather, and it will staie the heat, and heale it as faire as euer did medicine, and so vse it till you be whole.

For a Canker in a womans Pappes.

TAke Goose dung, and Salendine, and bray them well together, and laie them to the sore Pap it will cleanse the Canker, slea the wozme, and heale the sore.

For

For the Canker in the mouth,

TAke the iuyce of Plantine, Vineger, and water of Roses, and washe thy mouth withall many tymes.

A receipt to still a Cocke.

TAke a redde Cocke of three or fower yeres olde, and kill hym, and dresse hym faire, and cut hym in fower quarters, bruse the quarters, and picke out the fatte out of them, then take halfe a handfull of redd Mints, a handfull of Hartes tung, put them into the pott close, halfe a pinte of Water, and halfe a pinte of Malmesey, sixe croppes of Hysope, a roote of Parslie, a roote of Fenell, a roote of Endiue, twentie Damuske Prunes, twentie Reasons of the Sunne, fower Maces, and let it stil twelue houres, and let the pot be couered with paste with a platter vnder it, and let the pacient drink it euery morning next his hart.

A medicine for the Collicke.

FIrst take a handfull of Rosemarie, as muche of Time and as muche of Isope, one vnce of Cloues and Mace, and seeth it in a pottle of white wine, and let it seeth till it bee consumed to a quarte, then put therein a little Sugar, and drinke thereof luke warme, when you feele your self pained, and when it is sodden, as is before mentioned, you must burne it as you burne other wine.

For the Collicke in the side.

TAke a small Woodden dishe, and putte therein firste colde ashes, then laye vppon them hotte imbers without greate coles, and thereuppon strewe a good quantitie of Cummin seede, and sprinckle it with Malmesey, and so dooe till the dishe bee filled: then couer the dishe with a faire Linnen clothe double, and laye it hotte to your bare side, where the Collicke lieth, and vse this twoo or three

tymes, and it will helpe you. And for lacke of Cummin seede, take redde Sage, Camemell, Isope, Tyme, Peneroyall, of like quantitie, and vse it as the Cummin seede before.

A medicine for the stone.

TAke Pellitorie that groweth on the wall, grounde Iuie, Saxefrage, Parsely, Auans, Mallowes, and redde Nettles, Pepper, Cheruell, and Mouse eare: and boile all these hearbes of euery of them a like quantitie in Whay, and clarifie the Whay with the white of an egge, and drinke fastyng of it a draught.

An other for the same.

TAke halfe a peniworthe of Parsely seede, as muche of Radithe seede, beeyng well dressed and bruised, and seeth them all in a pinte of white Bastard to halfe a pinte, and then drinke it milke warme.

An other to breake the stone.

TAke Hauthorne flowers, or for lacke of flowers, take Hawes and destill them, the flowers in Maie, and the berries when thei bee ripe, take of this water three spoonefulles, and three spoonefulles of Malmesey, and a quantitie of Ginger, and drinke it warme.

A medicine, not onely to breake the Stone, but also clearely to purge you thereof, if you doe vse the same daiely.

TAke the Roses of Hippetree, and pricked Hollie leaues, and drie them in an Ouen, and beate thē seuerally into drie pouder, then putte them together, beyng firste searced, and of like quantitie: then putte thereto the pouder of Grommell seede, and Bromeseede,

of

of like quantitie, dooyng but halfe so muche in quantitie, as the pouders aforesaied, and thei beeyng mixte altogether, vse daiely a good spoonefull of the saied pouder, in a draught of Ale, Beere, white Wine, or Renishe Wine, euenyng and mornyng: and besides that, you maie vse to the same pouder in brothes and pottages, the ofter the better: haue alwaies in store a good quantitie of the saied pouder, you muste keepe the same alwaies drie, as in a Pipkin by the fire side, or otherwise.

Another for the same.

TAke Parsely, distill it and vse to drinke of the water, in white Wine, or in good Ale, and it will destroye the Stone, Collicke, Straungurie, and other passions, in man or woman.

A medcine for the collicke or stitche.

TAke the groundes of Malmesey, Sheepes Tallowe, Ribworte, redde Sage, and Alisanders, seeth all these together, and make a plaister thereof, and laye it to the greef, and annointe you with Dile Dliffe, and Dile of Balme mixed together.

For the Collicke and Stone.

TAke Pellitorie, vnsett Leekes, and Mallowes, of eche like quantitie, stampe them, and put therevnto a peniworthe of Neates Dile, frie them well together in maner of a plaister, put them in a bagge of Linnen clothe, and beyng verie hotte, laye it to thy bellie, and it helpeth within an howre.

And for the Stone, laye the same to the raines of the backe behinde, and it helpeth with speede.

For the Collicke and Stone.

TAke halfe a pounde of Tyme, as muche Parsely rootes and blades, halfe a pounde of Alisander rootes, and seeth them altogether in a pottle of Ale, vntill it consume to a quarte, and so drinke it fastyng.

For the Stone, and for hym that cannot pisse.

TAke a quantitie of Tyme, Parsely, crops of Fenell, Sinckfoile, Alisanders, of like quantitie, fiue or sixe cloues of Garlicke, stampe theim altogether, and straine them with white Wine or ale, and drinke thereof firste and laste warmed.

A speciall medicine proued for the Stone, Collicke, Dropsie, Strangurie, and Iaundies.

TAke of Cenie halfe an vnce, Ginger, Annis seede, Liquorice, Maces, Nettle seedes, Geate, Saffron, of eche twoo peniwaight, Fenell seede, and Spikenarde, of eche one peniwaight, and three peniwaight of Sinamon, make all these in pouder, and drinke thereof halfe a spoonfull at once in posset ale, or pottage.

A goodly pouder to helpe one that hath Collicke passio.

TAke Annisseedes, Fenell seedes, and Carawaie seedes, of euery of them halfe an vnce, Ginger, Galyngall, and Sinamon, of euery of them twoo dragmes, Cloues, Maces, and Cardam, of euery of them half a dragme Setwall rower dragmes, Sugar eight vnces, make the altogether in pouder.

For

whites of Egges, and let it runne through a Jellie bagge, and then set it on the fire againe, and put in one pounde of Sugar, and one vnce of Sinamon grose beaten, and then let it runne through a Jellie bagge, three or fower tymes, and after let the pacient drinke thereof warme.

An excellent medicine against the extreame Cough.

TAke Feuell Rootes cleane washed, Annisseedes, and a little Liquorice, and seeth them altogether in white Wine, and take the white Wine, and drinke a good draught thereof when you go to bedde, and the nexte Morning, take a Figge and a Date, and roste them, and eate them somewhat hotte, and neither eate nor drinke in twoo or three howers after, and in twoo or three tymes drinking it shall helpe you.

A pouder for the Cough.

TAke eight peniwaight of fine Ginger, and sixteene peniwaight of pouder of Elecompane rootes, and one vnce of pouder of Liquorias, and two vnces of the pouder of Annisseedes, and three vnces of Sugar candie, mingle all these together, and vse to eate it when you will at all tymes in the date, and you shall finde ease therein, for this medicine is well proued.

An other for the Cough, and to drye vp the rume and fleagme.

TAke a handfull of Sage, a handfull of Bale salte dried at the fire, a handfull of Cominin, a peniwoorth of Cloues, and an other of Maces, and beat all these and mingle them together, and put them into a Linnen bagge, the length and breadth of a mans hande, and quilt it and vse it hote vpon the molde of the head till

you be eased, warmed, morning and euening, and laie it to your molde againe.

For the cough of the Lunges.

TAke a pottle of running water, twentie Figges, a quarterne of the best Sugar, a good quantitie of Licoras and Anniseedes, a pennyworth of Haydenheare, a handfull of greate Raisons the stones picked out, and boyle them vnto a quarte, and so warme a little in a stone cruse and drinke thereof.

For the Cough.

TAke Hysope, Horehound, Sugar, and water, boyle them altogether till it come to a thinne Sirrope, and so vse to eate it euening and morning, and all other tymes when you thinke good.

A Sirrope for a Cough.

TAke a pinte of Hysope water, and half a pinte of Rose water, and a good quantitie of Licoras hyued, a great spoonefull of Anniseedes, halfe a pounde of white Sugar candie: let all these boyle together till it come to a clere sirrope, then put it in a faire glasse strained, and take this sirrope at all tymes in the daie or night when you list.

For the Cough.

TAke a Tosse of breade and make it hott, and put on sweete Sallet oyle, on bothe sides of it, and eate it euery morning and it will helpe you.

A remedie for the same.

TAke Barowes or Boyes greace, three or fower cloues of Garlike, and stampe them together, and warme and annoynt thy feete therewith at thy

thy going to bedd, and so keepe them hott with a rosted trencher and warme clothes, and you shall recouer.

A medicine for the Chincough for children.

TAke Boyes greace, and warme the soles of their feete to the fire, and chafe them with the foresaid Boyes greace, and let them go to bed and keepe them warme, and laie clothes to their feete.

A medicine for the Cough and the Wheesing.

TAke a pounde of Sugar candie some what finely beaten, half a pound of Licoras searced, and halfe a pound of Anniseedes searced, and an vnce of the pouder of Ginger, an vnce of Elicompane rootes, made into pouder, and mingle these together, and take of the same pouder halfe a spoonefull at a tyme when you goe to bedd, and when you rise in the mozning.

For a Cough.

TAke Hyssope, Licoras, Horehound, a little of the roote of Elicompane, great Raisons, Figges, cut in small peeces, and Anniseedes: boyle all these in Water, then straine out the water, and drinke it in the mozning fasting.

For the Cough, and for stoppyng at the breaste and to open the pipes, and to auoyde muche corruption.

TAke the roote of Elicompane, and the roote of Radish and shredd them thinne, and Peare Wardens, twise so muche as of bothe the others, then put altogether into a newe yearthen pot, then put thereunto clarified Honey till it ouerflowe the saied ingredience, then couer the pott

and paste it that no breath come out, and set it into an Ouen, and let it bake with a batche of Breade, and giue the sick therof a spoonefull at morning and an other at night.

¶ A soueraigne medicine for the Cough of the Lunges, Maister Bakers medicine.

TAke three pintes of rumning water, halfe a pound of Portingall Sugar, with nine Figges, and bake a spoonefull of Annysedes bruised, a handfull of Raisons of the Sunne cleane washed hauing the stones picked out, a penniworthe of Maidenheare: let all these boyle together vntill the one halfe and more bee boyled awaie, and then straine the same through a fine cloth, and euery morning drinke two spoonefulles of it lukewarme, and you shall finde present remedie.

For the Crampe.

TAke Holyoke, oyle of Violets, & of Swines greace, of eche a like muche, and make an ointment, and annoynt the place.

An excellent salue for a cute.

TAke two handfulles of Bugle, which groweth most commonly in Woodes, and as much Valerian, bruise them very small: then take one quantitie of Deeres sewet, halfe so muche vnwrought Waxe, so muche of these twoo as the herbes maie be boyled therein, then set it on the fire, and when it is halfe boyled, put in a quantitie of the best Turpentine that ye can get, then let it boyle till it bee enough, and all the while sturre it well: when it is boyled enough, straine it through a cloche into a vessell, and so keepe it.

A salue for a neme cut that will not leaue bleeding.

Take

TAke the blades of vnsett Leekes and stampe them, and putte thereunto Honey and Wheate flower, and stirre them well together vntill they bee thicke: let it come nere no fire, but all colde late it to the woman and it will stenche the bleedyng, and drawe out the hurted blouds, and make it cleane.

+ *A medicine for deafnesse in a mannes hedde.*

TAke a quarte of Malmesey, a penniworthe of Cummin, and eight Betanie leaues that groweth on the lande, then boile all these together, till the one halfe of the Malmesey bee consumed, then take the potte that you boile your medicine in, as lone as the herbes bee boiled, and couer it with a Towell, and binde it close aboute the verge, that the heate come not out, then putte a quill in the other ende of the Towell, then put the pacients eare thereunto, so that the heate maie goe close into the head: first the one and then the other, and whiles the heate is dryuyng into the one eare, you must stoppe the other with black woolle, and you must haue hot clothes to keepe in the heate on the other side of the head, while that your medicine worketh the tone the other eare likewise. You must vse it three tymes in the daie, that is to saie, in the morning, at noone, and at night, and so you must continue the space of three daies and three nightes. See that the pacient come not in any open ayre the space aforesaid, and you must putte to your Malmesey a quarter of a pinte of cleare rumyng water.

+ *A good medicine for deafenesse, vsed by Thomas Steeuens of Boston.*

TAke Baye berries, Baye leaues, Betony, and Sticardes, of eche of them one handfull, seethe them in white Wine to the halfe, and for an olde man in Malmesey,

sey, then put it in a vessell that hath a narrowe mouth, and holde your eare ouer it beyng vnstopped, so that you maie suffer it beyng not to hot nor to colde, then take syle of bitter Almondes, and let droppe thereof two or three drops into your eare, and alwaies haue a locke of fine blacke Wooll that groweth betweene the Sheepes legges, to stoppe close your eare therewith, wherein if you put a little Muske, it will be the better.

A soueraigne medicine for the paine and hushyng in the head, whiche hindreth the hearyng very muche.

TAke one cloue of Garlike, pill it, and picke three or fower holes in the middest, and dippe it in fine Englishe Honey and putt it into your eare, and put a little blacke Wooll after, and lye vpon your other side the night, and so lett it continue in your eare for the space of seuen or eight dales, and it will expulse the humors at your nose, expel the paine and restore the hearing.

For the paine in the eare.

TAke two handfulles of Sage, one handfull of Isope, and halfe a handfull of Rosemary, put these in a little pillowe boyled in Rose vineger, *Aqua vitæ*, and Rose water, and late this to thine eare as hot as thou canst suffer it.

An oyntment for a swellyng.

TAke a good quantitie of Smallage and Mallowes, and putt thereto twoo pounde of Boyes greace, one pounde of Butter, and Dyle of Neetes feete a quantitie, and stamp them wel altogether, then frie them and straine them into an yearthen vessell.

To make a drinke for an extreme heate or dronghs.

Take

TAke a pottle of faire water, a handfull of Succorie, a handfull of Endife, a handfull of Violett leaues, a handfull of Burrage, halfe a handfull of Lettice, twoo Fenell rootes, twoo Parfely rootes, putte theim all in your pottle of water, and lette theim feeth from a pottle to a quarte, then take it of, and put a little Sugar to it, and let it haue twoo wallops more, then drinke of it as you liſte.

To make a diet drinke.

FIrſte, buie a Diet pott, and fill hym full of Conduite water, lackyng a quarte, then putte to the water a quarte of white Wine, and ſette hym ouer a ſofte fire of coales, then put therevnto a pounde of Liquorice ſcraped, and cutte in ſmall peeces, halfe a pounde of Anniſeedes bruſed, halfe a pound of *Lignum vitæ*, bought at the Turners, and an vnce of the barke of theſame, whiche you maie haue at the Poticaries: and lette all theſe boile together an hower and a halfe, ſo that one parte of the licoure bee boiled awaie, then take and ſtraine it into a faire veſſell, and keepe it cloſe, and drinke thereof firſt and laſte, a prettie draught warme.

A water for the eyes.

TAke kindely Rothe Allome white, a ſmall quantitie of redd Roſe water, and the iuice of redd Fenell, and the white of an Egge well beaten, and take of the ſcome of the Egge, and beate them together, and then ſtraine it through a fine clothe, then dippe your finger in the Water, and let it droppe into your eye.

Good for the ſight.

ALL this is good for the ſight: redde Roſes, Veruine rootes, Fenell, Salendine, Pimpernell, *Oculus Chriſti*, to waſhe your eyes with cleare water, or to looke

vpon greene colours, measurable slepe, to looke in a faire Glasse, often washyng of your handes and feete, and it maketh your meate to digest well.

Ill for the sight.

TO studie after meate, Garlike, Onions, Leeke, Lettice, too sodaine goyng after meate, and wines, hotte or cold aire, drunkennesse, gluttonie, Milke, Cheese, muche beholdyng of bright thynges, and as euill redde thynges, as white, muche sleepe after meate, too muche walkyng after meate, and too muche lettyng blood, colde wortes, fire, dust, too muche weepyng, and ouer muche watchyng.

A speciall good water for the eyes.

TAke a newe laied Egge, and roste it hard, cutte the shell in the middest, and take out the yolke, and put in a peece of white Coporas, where as the yolke laye, and binde the Egge together againe, and lette it lye in the fire, vntill the Coporas bee resolued to water, then take the white out of the Egge, and cutte it in small peeces, and put it into a Glasse of runnyng water, and lette it stande a while, and straine it through a fine cloathe, and keepe it in a close Glasse, and dresse the eye euery Morning and Euenyng.

To kill the pinne and webbe in the eye.

TAke a quantitie of three leaued Grasse, as muche redde Fenell, as muche redde Sage, as muche Daises, the white of an Egge beaten, and the frothe taken awaie, and halfe a spoonefull of Honie, and stampe all the hearbes together, and then take the iuice thereof, and put thereunto the white of the Egge, and the Honie, and then

sturre

sturre them together, and droppe the same into the eye of the pacient: and then take a plaister of Flaxe Towe, and dippe it in the saied medicine, and laye it vppon the eye of the saied pacient, and binde it faste, and let it remaine so an howre, at euery tyme of dressyng.

Another for the same.

TAke the leaues of Salendine, and stampe them and straine them, and put one drop of the iuice of it in the eye, and it will helpe by Gods grace.

For the Webbe in the Eye, if it bee old.

TAke the redde Pimpernell, and *Eupharsia*, and stamp them in a Morter, and then frie them with Capons greace in a cleane panne, and then wryng it through a cloathe, into a vessell of Brasse, and lette it stande therein three daies after: put it in a Boxe of Horne or Tinne, and take thereof, and put it in the Webbe of the eye, and this medicine is soueraigne.

A good medicine for the eyes, beyng either Pearle or Webbe.

TAke the leaues of Daisies, and Pouche wort, *alias Bursa pastoris*, and the Cheste loppes, *alias* Woodlice, stampe them together, and straine them in a little good Ale: drinke of the same three seuerall Morynges, twoo howers before you rise, and you shall finde ease, notwithstandyng your eyes will bee sore, then washe your eyes with runnyng water, then drink of your drinke two Morynges again, and you shall be whole, and finde great ease by Gods grace.

A water comfortable for the Eye.

TAke the iuice of *Euphrasia*, or els water made of it, for it is the best herbe that can be for eyes, what waie so euer you take it.

For sore Eyes.

TAke Copouas and laye it in Running Water, and straine it, and when you goe to bedd, strike the brees of your eyes with thesame Water, and let it droppe into your eyes.

For thesame.

TAke rotten Apples and still them, and with the water thereof, washe your eyes, and it will purge and clense them, and cleare your sight.

A water verie comfortable for the eye sight.

TAke Rose leaues, a greate handfull of redde Fenell, and Ueruaine as muche, of Rewe a handfull, of Salendine as muche, and still theim together, and you shall haue a good water, and comfortable for your eyes.

A drinke for the eye sight.

TAke a quantitie of Iuie, that groweth vpon the Ash, a quantitie of the rootes and leaues of Daisies in the feeld, a quantitie of Fenell, and a quantitie of three leaued Grasse, all these beeyng washed cleane, stampe them and straine theim with a pinte of stale Ale, and drinke thereof euenyng and mornyng, or at midnight for a season.

A perfect water verie good for the eye sight.

TAke Sage, Fenell, Ueruaine, Betanie, *Euphrasia*, or Eyebright, Pimpernell, Sinckfoile, and hearbe Grace,

Grace, and laye all these in white Wine all night, and then Still them in a Stillatorie of Glasse, or &c. this water is speciall good.

For the Emerodes, and to drie vp any sore.

TAke the broad Nemphane leafe, commonlie called Canne leanes, whiche growe in waters, washe thē cleane, put them in a paper, and frie theim in the imbers, and applie them as hotte as maie be suffered, or make thē in pouder, and cast them into the sore, and it helpeth.

For the same.

TAke redde Wortes and seeth theim in a potte, then take the potte, and set it vnder a close Chaire, and sit ouer it, and lappe warme clothes aboute the Chaire, that no aire maie goe out, and so sitte still ouer it, till it be cold and then annointe the members with the liqueur.

For the same.

TAke a plate of Lead, and rubbe thereon a quantitie of Boyes greace, for a manne, and Swines greace for a woman, and washe it out with white Wine, and annoint the Emerodes.

¶ A medicine for a redde or high coloured face.

TAke Vine leaues, Strawberies, and Creame, and put twoo pence of Camphire vntoit, and put it into a Stillatorie with the foresaied leaues, and distill it, and take the water thereof, and washe your face therewith morning and euening, for a certaine space, and it will take awaie the high colour.

Another for the same.

TAke Coucombers, and pare them cleane, and cut them in slices, and still theim, and with the water that commeth of theim washe your face daiely, three or fower tymes in the daie, if you haue none of the water, then take the Cowcomber it self, and pare hym, and rubbe your face therewith.

¶ A medicine to destroie heate in the face, or in any other place, though it bee Saiect Anthonies fire.

TAke a quarte of Smithes water, a handfull of Sage, a handfull of Elder leaues, or of the greene barke, a peniworthe of Allome, and seeth them altogether from a pottle to a pinte, then put it in an yearthē potte, and annoint the pacient.

For the pimples in the face.

TAke Wheate Flower, mingled with Vineger and Honie, and laye vpon them, and it will cleanse them.

Good for a Fellon.

TAke Sage, Rewe, Snailes, Baie Salte, and Bacon, and beate them together, and then laye it to the Fellon, and it shall helpe you.

For the same.

TAke herabe Grace, Marche, and white Woytes, rustie Bacon, a little Butter, a house Snaile, mingle them together, and make thereof a plaister.

¶ A medicine for Biles, Fellons, and Vncomes.

TAke Wheate flower, Boyes greace, May butter, and Sage, and stampe it together and make a plaister thereof,

thereof, and laie it to the Byle or Fellon, and it will bothe ripe it and drawe it, and if it bee fried it will worke the better.

¶ To ripe Byles, Fellons, or Vncomes.

TAke a pinte of sweete Milke and sett it ouer the fire, and put therunto a quantitie of Sheepes sewet, small shredd, and a handfull or two of Otmeale fine beaten, and let all these seethe till it waxe very thicke, so that ye maie spreade it vpon a faire Linnen cloth, and laie it as warme as ye can suffer to the sore, and it wil quickly ripe him and breake hym without greate paine, then when he is broken laie a little Turpentine vppon a peece of white Leather pricked full of holes, and it will drawe and heale it.

A Gargresse for fleagme.

TAke a quantitie of Endiue water, and as muche Honysuckle water, a good spoonefull of Mustarde pure, a spoonefull of Honey, two spoonefulles of Vineger, and a little pouder of Pepper, two or three braunches of Rosemary, and the leaues of Sage, and put all these together and beate thē vpon a Chafing dishe of coales luke warme, and let the Pacient put a spoonefull at once in his mouth, and holde his head vpwardes, and washe his throte therewith, and it shall make hym voyde much fleagme, let him take thereof as oft as he shall thinke good.

¶ To breake the fleagme, and for the Cough.

TAke a pinte of Isope water stilled, one quarte of good Mulkadine, three or fower good Races of cale Ginger, pare them cleane and cut them in slices, and twise so muche Liquorice, and pare it likewise, one good handfull of Sugar candie grose bruised, put all the premisses toge-

ther

ther in a glasse, and shake them together and stop it close, and lett it stande fower and twentie houres, then drinke thereof at your pleasure.

To breake fleagme.

TAke Butter without salte, and Honey, of eche a like quantitie, and a fewe bitter Almondes: blaunch them and beate them fine, and eate a little euery daie.

For the same.

TAke Smallage and seeth it in Vineger, then take the Vineger and wash your breast withall, and then take the Smallage and put it in a clothe, and binde it to your stomacke three houres.

For the same.

TAke Sorrell, and stampe it and straine it, then take the iuyce and temper it with olde Ale, and drinke a good quantitie in the morning before you rise out of your bed, then take a sleepe after, and you shall deliuer fleagme wonderfull to see for the quantitie.

A medicine for the Flixe or Laxe.

TAke Egges and rost them hard, then take the yolkes of them and straine them with red Wine, & put thereunto Sinamon, then seethe them together, and drinke it as hot as you maie suffer it.

For the same.

TAke Wheate flower, and the yolkes of Egges, with the iuyce of Plantine, and make a cake of it, and bake it in an Ouen, and eate it as hott as you can, and drinke thereto redd Wine or Respice all hott, or els the iuyce of Plantine,

Plantine, for it will binde hym.

A Caudle for the bloody Flixe.

TAke a pinte of red Wine, and the yolkes of fiue newe laied Egges, a good quantitie of Sinamon, and a little Sugar, the pill of a Pomegranate dryed and beaten to fine pouder a good quantitie, and boyle all theſe in a faire platter vpon a Chafing diſhe of coales till it be ſomewhat thick, then let the pacient eate of it morning and euening, and as oft els in the daie as his ſtomacke will ſerue hym thereto, and it ſhall ſtoppe him be the flixe neuer ſo great.

A ſinguler medicine for the bloody Flixe.

TAke as muche fine Linnen clothe as wil make a ſuppoſitarie, beeyng wrapped rounde together button wiſe, then wette the ſame in the beſt *Aqua vitæ*, or *Aqua compoſita*, and let the partie greeued conuay the ſame into their Fundement, and it will helpe them God willyng within three or fower dreſſynges, this is proued and hath holpen many that hath beene brought very lowe, and iudged paſt cure.

An other for the ſame.

TAke a peece of Allome as muche as a Walnutt, put it in a pinte of newe Milke, and ſeeth it on the fire till the Milke turne to a curde, then take of the curde as you doe of the Poſſet ale, then take the liquor that remaineth, and put vnto it a good quantitie of the pouder of the pill of a Pomegranate, and Sinamon fine beaten, and let them drinke it, and it will ſtop them, and if thei eate of the curd thei ſhall be ſtaied the ſoner.

For the bloody Flixe.

TAke Almondes skinnes and all, and stampe them small, and take the water of husked Barly sodden, and make thereof Milke, and put therein skinnes and scorches of Pomegranats beyng stamped to pouder, with a little Sugar, and so eate the same euery morning and euenyng, and putt gaddes of Steele that hath beene made redd hot in the fire into their drinke.

To stoppe the bloody Flixe.

TAke a quarte of Beanes dried ouer the fire, so that ye maie make pouder of them, the bruse them in a morter very small and boult them, and take a quarte of good Ale and a quantitie of flower, and so seeth them both together, and lette the Patient eate there of at night as hot as maie be suffered.

For the bloody Flixe.

TAke a pinte of runnyng water, and a pinte of warme Milke as it commeth from the Cowe, and put them together, then put fiue or sixe Flint stones in the fire, and when thei bee redde hot quenche them in that liquor, then put them in the fire againe, and quench them againe three or fower tymes therein, till the liquor bee halfe consumed, and let the partie drinke of it warme.

A medicine for the fallyng of the Fundament.

TAke red Nettles, braie them wel, and put them in an yearthen potte, and putt thereunto a good portion of white Wine, and seeth it till the halfe be wasted, and giue it the sicke to drinke first and last alwaies warme, and laie the herbes to the Fundament as hot as ye can suffer it.

A plaister to heale a gowtie Legge, a wound or sore whatsoeuer.

Take

TAke a handfull of Mallowe leaues, and an other of Grouncell, put them in a Possonet with faire water, and let them boile till thei be sodden so tender that ye may make a plaister of them, then put the liquor from the herbes and straine them through a Strainer vpon a platter, and sett the platter vppon a Chafing dishe of coales, then putt thereunto a quantitie of Deeres sewet, or Sheepes sewet clarified, and vnwrought Waxe, Sallet oyle, Turpentine, and Rosine, let all them boyle vppon a Chafing dishe of coales vntill thei be thicke: then straine all the said stuffe through a Linnen clothe into a vessell that you will keepe your salue in, and so let it stande vntill it bee colde, then vse the same beyng spread vpon a cloth, and you shall finde ease by Gods grace, and helpe.

A plaister for the Gowte or ache in the ioyntes, wherewith the Lord Rich was cured, when all Chirurgions thought hym to bee vncurable.

TAke halfe a pounde of vnwrought Waxe, halfe a pounde of Rosine, an vnce of Olibanum, a quarter of a pounde of fine Litarge of golde, three quarters of a pounde of white Leade beaten to pouder, and searce it through a Searcer, and take a pinte of Oyle of Neates feete, and sett it on the fire in a small vessell, with the Waxe and Rosine, and when it is molten, then put thereto the other pouders, and stirre it fast with a sticke, and then put a little of it vppon a pewter Sawcer, and if it bee harde beyng so tryed on the pewter Sawcer, then take it from the fire, and annoynt a faire boarde with some of your oyle of Neates feete, and as you may handle it for heate, worke it as it were Coppiers waxe, and make it in great roles, and make plaisters of it with a Chafing dishe of coales, and spread it thinne vppon a Linnen clothe or leather, and laie the plaister warme where the paine is,

and so renewe it Morning and Euening vntill you bee whole, or till the ache bee driuen to some other ioynt, and then take the plaister and laie where the ache is, and beware of colde and hot Wines.

A medicine for the Gowte.

TAke fower handfulles of Walwort, and one handfull of Horehound, and bray them in a morter, and put their iuyce to one pinte of Swines greace, and boyle them on the fire the space of halfe an hower, then straine it faire, for it is good for al cold Gowtes in the armes, legges or feete, and for all greefes in the bones that commeth of colde.

A drinke for the Gowte festered.

TAke a quantitie of Archangell, Betony, Verueine, of eche like muche, and boyle them in Wine, and let the sicke person drinke thereof first and last, and it helpeth.

A plaister for the same.

TAke a Sawcer full of the iuyce of Smallage, another of Wormewood, Honey, Salte, and Vineger, and meddle them well together, and doe thereto a quantie of Rie flower, stirre them fast together, and boile them and make a plaister in a cloth and laie it to the sore, vse the drinke aforesaid and the plaister, and it will helpe by Gods grace.

Good for the harte.

SAffron, Burrage, Hulke, Cloues, Galingall, Nutmegges, the red Rose, Violettes, Sugar, Paces best of all.

Ill for the harte.

Beanes

Beanes, Peaſe, Leekes, Garlicke, Onyons, ſadneſſe, anger, dread, to muche trauell, to drinke colde water after trauell, and euill tidynges.

A medicine for the paſſion at the harte called Tremor cordis.

Take the pouder of Burrage flowre, the pouder of Nutmegges, white Amber likewiſe in pouder, the bone in a Stagges harte, the pouder of Sinamon, all theſe pouders drinke luke warme with Beare, Ale, or Wine euenyng and mornyng, and the partie grieued ſhall finde eaſe. Theſe thynges muſt be portioned by good aduiſe.

A medicine for a continuall head ache.

Take Betony water, and take a clothe three or fower double, and but three fingers broade, wet it well in the Betony water, and laie it to your forehead colde. Let the clothe beyng wet come rounde about the heade, and tye it faſt, and in three or fower tymes thus doyng, it will helpe thee: and when the cloth is dryed, wet it againe.

A medicine to clenſe or purge the head.

Take Pellitorie of Spaine, and chew the roote in your mouth three daies at tymes, and it ſhall doe away the ache and faſten the teeth in the gummes.

A medicine for paine in the head.

Take a Roſe cake, cutt it in the length and breadth of the forehead, then take Roſe water and Vineger of like quantitie, and as hott as ye maie ſuffer it, laie to thy forehead.

A medicine for the winde in the head.

TAke a handfull of flowers of Camamill, and halfe a handfull of pouder of Cummin, and mingle them together, and make two bagges of the breadth of your eares and laie them thereunto.

For the head ache.

TAke the iuyce of Rewe, and put it in the nosethzilles, for it getteth out the fleagme and clenseth the braine: the herbe sodden in Wine doeth the same.

For the megrime or head ache.

TAke fower or fiue Nutmegs, and pare and slice them as you would pare and slice Ginger thin, then make two little bagges of Linnen clothe, of the length of your finger, and put in the Nutmegges, then take a quantitie of pure red Rose water, and lay your bagges in the same water in a dishe vpon a Chafing dishe of coales, and make them hot, and laie them to the temples of your head.

A medicine for the megrime truely proued.

TAke halfe an vnce of Pepper, two Nutmeggs, half a quarter of an vnce of Graines, one pinte of Vineger, and a handfull of Rosemarie, and boyle altogether betwixt two platters vpon a Chafing dishe of coales, and then take a cloth and put it ouer your head, and holde your head close ouer it till it be boyled well here all awaie, and by Gods grace it helpeth.

For the megrime.

TAke fiue leaued Grasse, and Morrell that is called S. Mary herbe, euen portions of these two, and Betony

as

as muche as of both the other, and beate all these in a mor-
ter, and take the iuyce of them, and putt to the same iuyce
as muche Haie butter as the quantitie of the iuyce, and
thereof make an oyntment, and annoynt therwith the pa-
cients browes when he goeth to bed.

An other for the same.

TAke bole Armonack, Sanguis Dragonis, and *Terra sigillat*, of eche like quantitie, and beate them in pouder, then to make a plaister, take Flaxe and laie it vppon a russet Paper, as broade as you will haue your plaister, and take the clere of an Egge and laie it vppon the Flaxe, then take the foresaied pouder and cast it on that side of the plaister that shall lye next your head, and putt one folde of russet Paper or els of Linnen betweene your head and the medicine, or els it will cleaue very sore to the heare of your heade, and this medicine is sure and well proued.

A good medicine for the megrime in the head.

TAke Leather vnallomed so broade as your forehead, and in length from temple to temple, raise the same Leather, but not through: there vpon laie the Oyle of the white of an Egge, then take of the Apoticaries Sanguis Dragonis, beate it into pouder, and scatter the same vp-
pon the oyle thinly: and this doen, laie it vpon the forehead, not taking it awaie till it be ready to fall awaie of it self.

A medicine for the black Iaundis.

TAke Wheate strawe, and laie it abroad vppon a faire flowre in a close house, and putt in Geese, and watche when they dung and take it vp whole, and with a knife scrape of the white that is about the dung, till you haue a

quantitie

quantitie thereof, then drie it in an Ouen and make pouder thereof, and drinke it morning and euening in Ale warmed, & that will cure both the black and yealow Iaundis.

¶ Another medicine for the blacke Iaundis.

TAke the herbe Ambrose, Betony, Mugworte, of eche of them a handfull, of Senturie halfe a handfull, and three or fower Docke rootes, cleane washed and scraped, and stampe all these together in a Morter till thei be indifferent small beaten, then take Spicknell, Turmeracke, and *Galigarie*, of eche of them like quantitie, and stamp them likewise in a Morter, then put the herbes in a cleane Linnen clothe by them selues, and the Spices by them selues, and tye them fast with strynges, and hang them in a gallon or twoo of Ale when it is newe and ready to bee Tunned, after three or fower daies drinke euery morning nexte your harte a good draught thereof, and drinke or eate nothyng two or three howres after, and doe so likewise when you goe to bedde, and no doubt, by Gods grace it will helpe you.

¶ For the Blacke Iaundis, M. Anthonie Cox, prisoner.

TAke the Gall of a Rauen and drie it, and grate into pouder, take a quantitie in a spoone, and temper the same with Beere or Ale together, and drinke it fastyng in the morning.

¶ A medicine for the Yellowe Iaundis.

TAke a handfull of redde Nettle croppes, and seeth theim in a pinte of Ale, and drinke thesame beeyng strained three or fower daies together.

¶ An other for thesame.

Take

TAke hard Spanishe Sope, a little stale Ale in a cup, and rubbe the Sope against the cuppe bottome, till the Ale bee white, and shaue in Iuorie, and let the pacient drinke thereof first and laste, till he bee whole.

For the same.

TAke Salendine leaues, and put theim in your hosen next your feete.

A medicine for the Yellowe Iaunce.

TAke a bigge Apple, and cutt the toppe so, as it maie couer the Apple again, and take out the core, and put into it some sweete Butter, and a good deale of Turmericke, and a prette quantitie of English Saffron, and rost it verie tender, and let the sicke persone eate of it three or fower mornynges together, or more if neede bee.

For the same.

TAke a quarte of white Wine, a greate handfull of Salendine leaues, and boile theim to a pinte: but in Winter take the rootes, and drinke thereof euenyng and mornyng warme.

For the Yello.

TAke Baie Salte, Otes, and Commine, and drie all these, and make twoo bagges thereof, and as hotte as maie bee suffered, laye the one after an other to the plowe or croune of the heade, and so vse it a good while.

For the same.

TAke sharpe Leauen, and Baie Salte vppon it colde, and put it to the Yello, and it will helpe.

A verie good medicine for an Itche.

TAke Docke rootes, and beate them, bruse theim, and frie theim with freshe Butter, and annointe the patient with the Salue, and in fiue or sixe tymes dressyng, it will helpe you.

To make one seme yong long, to purge the winde, and cleare the sight.

MAke pouder of Fenell, Annisse, and Elicompane, and temper them with *Aqua vitæ*, and drie them againe, and eate a quantitie hereof euenyng and mornyng.

To make a Whaye laxatiue.

TAke a pinte and a halfe of clarified Whaie, halfe an vnce of Seney, a grotes worthe of Annisseedes, half a handfull of Poppes, Burrage, Buglas, of eche halfe a handfull, and a little Fumetorie, and seeth all these in clarified Whaie, vntill it bee halfe consumed, and drinke it twoo mornynges.

A good plaister for festered Legges, that haue been long sore.

TAke Marche, and wilde Tansie, Plantine, and the greate Morrell, Honnie, and the white of an Egge, and Milke of a Cowe that is of one colour, and Barley Flower, and thicke all these together, and braie the herbes in a morter, and after that mingle the rest with the hearbes.

For the stoppyng in the Liuer.

TAke the brothe of a Chicken, of Percurie, and Succorie halfe a handfull, and a fewe greate Reisons, and picke out the Stones, and lette all these boile together, then take a fewe bitter Almondes, and blaunche theim, and beate theim, and with thesame licour make Almonde Milke, and so vse to drinke it euery mornyng first.

An other for thesame.

TAke Madder rootes, boile theim in halfe a pinte of Ale, and let it seeth to a draught, and let hym drinke it in the mornyng fasting, twise in a weeke.

For

For the same.

TAke Turpentine of Uenice, to the quantitie of a Beane, and put it into a spoone, and holde it ouer the fire till it doe melte, then put thereto a little white Sugar, and let hym eate it euery daie fastyng.

For the same.

TAke greate greene Capers, and laie them in Uerius fiue or sixe daies, and then wryng them out of iuice, and put a prettie quantitie thereof in a Sauser, and put vnto them sirup of Uineger, and eate them an howre before dinner, and an howre before supper.

For heate in the Liuer, or drinesse in the handes.

TAke a quantitie of Straubarie water Stilled, seeth therein a quantitie of Liuer wort, and drinke it with as muche sirup of Mintes.

For the heate of the Liuer.

TAke Saunders, and good strong Uineger, and heate them hotte, then take Scarlet in Graine, and dippe it in the same, and so laye it to the Spoone of the breast, on the right side.

For the Plurese.

TAke Brookelime, Sheepes Sewet, and a little faire water, and frie theim together in a Fryng panne, and make thereof a plaister, and laye to the patientes side, and it will drawe out the corruption.

For the Plurese or Stiche.

TAke *Aqua vitæ*, and Capons greace, boile theim together, and dippe therein blacke woolle, and laye it hot to the stomacke, and that will ease the Stiche.

For the Lunges.

Take the Lunges of a Foxe, and drie it to pouder, and putte a quarter of a spoonefull into a little Almonde milke, or brothe, and eate it, and it is verie good to preserue the Lunges.

¶ For the pricking of a Thorne or Needle in a ioynt, and the hole bee stopped againe.

Take fine bolted flower of Wheate, and temper it with white wine, and boile it together, vntill it bee thicke, and laye it on the soze, as hotte as he maie suffer it, and that shall open the hole, and drawe out the venime or filthe, and ease the akyng, and heale and close it vp againe, and for lacke of white wine, ye maie take Ale or Beere, and this medicine is good to heale a Bile, Whitlo, or Uncome.

An easie Purgation.

Take a pinte of white wine, and one vnce of Sene, and a good handfull of Reisons of the Sunne, the stones beeyng taken out, and halfe a spoonefull of Annisseedes, putte all these into the saied white Wine a whole night, and the nexte morneyng boile it to a draught, and so lette the persone drinke it bloode warme, and if you will, you maie put therevnto three or fower rootes of Polipodie of the Oke.

An easie Purgation.

Take twoo pounde of Figges, and putte them in a gallon of fine worte of Barly malte, putte thereto twoo vnces of the pouder of Licorice, an vnce of Sugar: when the Figges are boiled, braie them small in a Morter, and drawe them through a strainer, and lette it boile againe, and caste thereto a pinte of the best Oile Doliffe: when it is well cooled, an vnce of Raisons of Corrans, and eate this with light bread.

A plaister to bee laide to the side that the Melt is in.

Take

TAke a good quantitie of newe Wheate Branne, as muche Annisseedes, and beate theim small in a Morter, then in a panne mingle them with Vineger vppon the fire, till it bee like a plaister, then put it in a Linnen bagge of twoo handfulles long, and one handfull broade, and make it thinne, and warme laye it to the side, where the Melte is, and rolle it faste, and in the morning take it awaie, and then washe the side with his owne water, and drinke againe, vse this three or fower nightes.

For the Morphewe.

TAke and drinke Elder water nine daies, three spoonefulles, and euery daie looke that ye sweate, then take three or fower Oke apples, and laie thē in white Vineger fower and twentie howers, and then washe the bodie with the Vineger, and it helpeth.

A medicine for the Morphewe.

TAke the iuice of Salendine, and mingle it with pouder of Brimstone, and laye it where the Morphewe is, all colde.

For the Morphewe, White or Blacke.

TAke Betanie, Hartstong, Sage, Plantine, redde Fenell, water Cresses, of euery of thē one handfull, of herbe Benet halfe a handfull, of the leaues of Verueine an vnce, and still these, and drinke euery daie fastyng thereof fower spoonefulles, and walke an hower after vpon it.

A water to clense the mouthe, and to fasten the teethe.

TAke Sage and Woodbine leaues, of eche a handfull, a good spoonefull of Honie, a peece of Allome as big as a good Walnut, boile all these together in a quart of runnyng water to a pint, & washe the mouth with this water luke warme three or iiij. times in the daie.

For to destroye a Ryng Worme.

TAke a redde Docke roote, and let the roote be pared, and when it is pared laye it in Vineger, till it be well steeped, and then rubbe it well vpon the Ringworme, and if it be verie ranke, take the pouder of Brimstone, and laye it in the Vineger, and temper them well together, and then rubb well the Ringworme withall, and it shal destroye it.

¶ A medicine to kill a Tetter, Ryngworme, or any kinde of Itche.

TAke Sallet Oile, and Salt, tempered together, and beyng luke warme, annoint the sores.

A restorative, whiche diuerse noble men haue vsed, and hath prolonged their life.

THei tooke a pounde of cap Dates, cleane picked, and the stones taken out, and caused them to bee sodden in a pinte of Muscadine, till the wine were some deale consumed, and keepe it in a glasse, and thereof did put in their Pottage three or fower spoonfulles at once, when thei did eate any brothe euery meale.

To heale the vessell wherein Nature lieth, if it bee broken.

TAke the huskes, or Cadelles of Acornes dried, and beaten to pouder, take a spoonefull, and drinke it in the mornyng with a little warme Ale, and lye in your bedde, an hower or twoo after.

For the Palsey.

TAke a handfull of Sage, a handfull of Southernwood, a handfull of Spike, a handfull of Lauender, a gallon of runnyng water, and boile all these together, till it come to a pinte and a halfe, then straine it, and putte it out into a stone Cruse, and take euery tyme thereof three or fower, or fiue Spoonefulles in a Sauser luke warme, and gargle it in your mouth too and fro, and after

after spit it out, and in like maner put fower or fiue spoonfulles in a Sauser luke warme, and so chafe that parte of the bodie, that is pained with the Palsey, with a sponge dipped in the sayde water.

Another for the same.

¶ Take pouder of Pepper, and pouder of Pellatory of Spaine, and pouder of Iuie, of eche an vnce, and pouder of Sage two vnces, and vse this pouder in thy Pottage.

For lameneſſe in the ſide, commyng by Palſey.

Make a bathe of Sage and Hyſope, and boile a greate quantitie of theim together in runnyng water, and bathe the side that is soze with it, and binde the herbes to it, as hotte as you maie well suffer it.

A medicine verie good, eſpecially for thoſe that bee taken with the Palſey, though not the ſhaking Palſey.

¶ Take the blood of a Foxe, warme as it commeth from the Foxe, the blood about the harte is best, but all the reste is good, and with this blood all to chafe the place that is taken, and then take the skinne of that Foxe, and put the raw side nere where the Palsey is, and it must lye to it at the least twelue howers, and in the meane tyme, til you can get that Foxe, chafe the nummed place with oile Oliffe, *Aqua compoſita*, this medicine of the Foxe is speciall good for the Palsey, and hath been well proued.

A medicine for the Palſey, that taketh awaie the ſpeeche.

¶ Take Sage leaues, and Primrose leaues, and if it bee Winter, take Primrose rootes, and then beate the Sage and the Primrose leaues toge-

ther,

ther, of eche like muche, and strain it with Ale, and giue it to the sicke to drinke a good quantitie, this is well proued.

For the same.

TAke Sage, and drie it betweene two warme Tyles, and laie it to the nape of the necke, and binde it to the wrests of bothe the armes, then take a Nutmeg, and slice it thin, and laie one slice aboue the tung, and an other vnder the tung, and so vse it as often as you will, and by the grace of God it shall doe muche good: the necke and wrest to be annointed with oile of Speeke, or water of Speeke.

A medicine for the Palsey.

TAke Lauender, Speeke, and Sage, and still them, and drinke thereof a good quantitie euery morning, being warme, either in Ale or otherwise: take also Sage, and Betony, and put them betweene two dishes, vppon a Chafing dishe of coales, and sprinckle them with good Malmesey, and so applie them warme to the nape of the necke and the wrests of the handes.

A medicine for the Piles.

TAke the beardes of the heades of vnsette Leekes, and washe them cleane, and take a quantitie of running water, and seeth them therein till thei bee somewhat tender, then drie them well in a Linnen clothe, stampe them as small as you can, then take a good peece of freshe Butter, and boyle them therein vpon a Chafing dish of coales, and put in a good quantitie of English Saffron, and boile them together, & when it is well boiled, straine it through a faire cloth into a Glasse, and keepe it, and when you will occupie it, make a plaister thereof vppon a Linnen clothe, and laie it colde to the greefe.

To stenche bleedyng of the Piles.

DRinke the iuyce of Millefoile, for that is proued: also doe thereunto the pouder of burnt Garlike, and the

Piles

piles shall dye.

To destroy the Piles.

TAke oile of Roses, and Frankensence, and Honey, and make an oyntment of them, and put it in with thy finger into the Fundament, and put thereunto Mirrhe, and often annoint the Fundament therwith, and let the breath thereof goe vp into the Fundament.

A true medicine for the Piles.

TAke blacke Wooll, and blacke Sope, and binde it thereto.

To make a salue to bryng woundes that ranckle and ake into their owne kinde, and seace the burnyng and achyng.

TAke the iuyce of Smallage, and of Plantine like muche, take Honey and the white of an Egge like muche, and putt to them boulted flower of Wheate, and stirre them well together vntill thei bee thicke, and lett it come nere no fire, but all colde and raw: laie it to the soze, and it shall clense the wounde and cease the achyng, and bryng it to his kinde, and heale the wounde faire, for this is a principall salue.

For a wound that is ouer healed and sore vnderneath.

TAke Barly meale, the white of an Egge, and Honey, and meddle them together, and make a plaister therwith, and applye it to the soze, and it helpeth.

A plaister for a greene wound.

TAke flower and Milke, and seeth them together till it be thicke, then take the white of an Egge and beate them together, and laie it to the wound, and it will keepe it from ranckling.

To make Milonitret, to cure any greene wound or Vntane, or others, what soeuer thei be.

FIrst, take twoo pounde of Rosine, halfe a pounde of Waxe, halfe a pounde of Frankensence, a quarterne of a pounde of Sheepes sewet clarified, put them into a faire panne, then take a pottle of the iuyce of Millonet, boyle these afore saied stuffe with a soft fire till thei be molten, and stirre them a prette while, then put thereunto the iuice of your Millonet, and stirre them till thei be cold, and let them stand a daie or two, then melt it againe with a soft fire, and when it is molten, put thereunto a pinte of red Wine, and stirre it till it be colde that you may worke it with your hande, and make it vp in roles.

A water to cure all maner of woundes and sores, bee thei neuer so sore and stinking, and all maner of Cankers in the nose, mouth, throte, or where soeuer.

TAke a handfull of red Sage, a handfull of Sallendine and as much of Woodbine flowers, with the leaues, take a gallon of runnyng water, and put the herbes in it, and let them boyle to a pottle, then straine them through a Strainer, and take the liquor and sett it ouer the fire againe, then putt thereunto a pinte of Englishe Honey, a good handfull of Roche allome finely beaten, a penworth of Graines grosely bruised, and let them boyle altogether three or fower waimes, and then let the skumme be taken of with a feather, and when it is colde, put it in an earthen pot or bottle, so as it maie bee kept close, and for a greene wound, take of the thinnest of the same water, and for an olde sore of the thickest, the water beyng first well shaken together: and after that you haue clensed the old sore with white Wine, take a quantitie of fine Lint, and the same beyng well wett in the saied water, doe you therewith often tymes bathe your wounde, and with the saied Lint in the ende couer the wounde, and if there be any holes in the saied wounde, fill them vp with Lint, made tent wise, and so after couer the whole wound with a peece of a Bladder, the more better to continue your Lint in moysture, dresse

your

pour wounde twise a daie, in the Morning, and in the Euening, and it helpeth.

A medicine or drinke for hym that is burst in the bellie or Coddes.

TAke a knuckle of Veale, a pottle of white Wine, halfe an vnce of Mace, halfe so many Dates, half a pounde of Raisons of the Sunne, a handfull of Camfrey, a handfull of Polipodii, *alias* Fearne of an Oke, a handfull of Sparokyng, *alias* Knotwort, take all these and put them in an yearthen pot, and set on a Kettle of water of fiue gallons, and set the yearthē pot in the water, and stop it with paste very close, and let the Kettle bee kept seethyng fiue or sixe houres with the earthen pot therein, and keepe the Kettle still full with other seethyng water, then take all these and beate them in a morter, and straine it, and giue the patient of the liquor thereof both first and last.

For the Tooth ache.

TAke a pinte of white Wine, half a handfull of Lauender cotten, and seethe them together till the Wine be halfe spent, then put into it half a spoonefull of Baie salte, then let it seeth a little, then take a spoonefull of that liquor and putt it in that side that the paine is in, and keepe it in thy mouth, and then put an other spoonefull, one so one after an other, and it will helpe thee.

A good drinke to put out the small Poxe or pimples.

MAke a Posset of Ale with Milke, and the curd beyng taken of, take redd Fenell the quantitie of a spoonefull, and the same beyng sod together with the Ale, straine it and putt thereto the quantitie of a Nutmegge, of fine Treacle, a quantitie of Setwall, and a quantitie of English Saffron, beyng well mingled together, and giue it the patient to drinke warme.

A present remedie for an Ague.

TAke two vnces of Baie salt, two vnces of white Frã-kensence, and a handfull of Smallage, beaten altoge-ther, and laie it to the wrestes of your handes, and to the boughts of your armes, two houres before the fit do come, proued.

For the same.

TAke two or three cloues of Garlike, and bruse them, and a pennworth of *Aqua vitæ*, halfe a pinte of Ale, and seethe them together, and drinke it a little before the course or fitt come, as hot as you maie.

For the Collicke.

TAke Gromell seede, Parslie seede, and Anniseedes, of eche two spoonefuls, greene Fenell one handfull, one Parslie roote, one Radish roote, of ech as lõg as a finger, vnset Tyme one handfull, one handfull of Philopendula, and a handfull of Cheristones, wash al these & bruse them, and stamp them very small, boile all these in two quartes of white Wine in an earthen pot close, till a pinte be con-sumed, then let it runne through a Linnen clothe of it self without strainyng, and drinke it morning and euenyng.

For the windie Collicke.

TAke a quarte of Ale clarified, two spoonefulles of the flower of Liquorice, one spoonefull of the flower of Anniseedes, halfe a spoonefull of bruised Fenell seedes, a little Tyme, and seethe them together till a pinte of the Ale be consumed, and so drinke it first and last.

For the Collicke and Stone.

TAke a handfull of Auens, a handfull of Pellitorie of the wall, as much Camamill as will lye in the palme of your hande, and a spoonefull of Parslie seede bruised a little, make a Posset of Renishe Wine, take of the curde, and boyle all these together in the drinke till the substance be boyled out, then vse it morning and euenyng.

For

For a paine in the side that commeth of winde.

TAke a handfull of Cummin seede, an other of Annis seede, and twoo of Rewe, seethe all these together in rumnyng water from a pottle to a quarte, put to it halfe a pinte of white Vineger before it be colde, dipp a Spunge in it, and wring out the liquor somewhat, and laie it to the pacients side as hot as he can suffer it, and when it beginneth to waxe colde, take a newe.

To remoue a disease from the stomack.

DRinke a quantitie of Dragon water, or water imperiall, mingled with Treacle or Metridatum.

For them that doe cast vp their meate, by reason of weakenesse of the stomacke.

TAke the nether crust of broune bread, drye it well and leisurely at the fire, then steepe it directly in strong vineger a little while, take it out and spread vpon it the pouder of Cloues, warme it again, and tie it about the mouth of the stomacke, and the vomite shall cease.

A drinke for clensyng the stomacke, to be taken luke warme in the mornyng.

TAke Isope, Rosemarie, & Tyme, of eche two crops, and put them in a pinte of Ale, with a prettie quantitie of Suger, and let them boyle till the strength is in them, then drinke thereof two houres before meate.

A drinke to auoyde the fleagme out of the stomacke, to make it easier to come vp, you maie take of it a spoonefull or two, continually when you needs.

TAke eight spoonefulles of Rosewater, fower spoonefulles of Conduite water, and twoo spoonefulles of white Vineger, halfe a quarterne of white Suger, boyle all these in a Porringer vppon a Chafing dishe of coales,

and skumme it cleane, and then drinke it luke warme.

¶ A remedie against the Plague, was sent to the Lorde Maior of London from Kyng Henrie the eight.

TAke a handfull of Sage, a handfull of herbe Grace, a handfull of Elder leaues, a handfull of redd Bramble leaues, stampe them all, and straine them through a fine clothe with a quarte of white Wine, and then take a quantitie of Ginger, and mingle them together, and so take a spoonefull of the same and you shall bee safe for fower and twentie daies, and so being nine tymes taken, shall be sufficient for all the whole yere by the grace of God. And if it be so, that the partie be striken with the plague before he hath drunke of this medicine, then take the water of Scabious a spoonefull, and water of Betony a spoonefull, and a quantitie of fine Treacle, and put them altogether, and cause hym to drinke it, and it shall put out all the venome. If it fortune the botch to appeare, then take the leaues of Brambles, Elder leaues, Mustard seede, and stamp them altogether, and make a plaister thereof, and laie it to the sore, and it shall drawe out the venome, and the partie shal be whole by the grace of God.

Another for the same.

TAke a handfull of Sorrell, a handfull of Burnett, a handfull of Sage, a quantitie of Dragons, as muche of the croppes, as of the rootes, then washe them all well, and put them in a pottle of rumpyng water, and seeth them to a quarte: then set them by the fire, and straine them through a Linnen clothe, and put in some Suger Candie, to delaye the bitternesse of the hearbes, and giue the pacient to drinke, nine spoonefulles at one tyme, before the Purples doe appeare, and if the Botche doe rise and breake, he shall liue: proued.

To cause one slepe.

Take

TAke a spoonefull of pure Rose water, as muche of Vinegar, twoo spoonefulles of the oile of Roses, halfe a handfull of Rose leaues made in pouder, mingle them altogether, and take croomes of Leaueued bread made of Wheate, and make a plaister thereof, and laye it ouer the forehead and temples.

For a sore throte.

TAke Collumbines and Sinckfoile, and stampe the bothe together, and straine theim with Milke, and drinke it verie warme.

For the Hickop.

TAke Oile of Lillies, and annointe the sicke mannes bodie sondrie tymes.

For a Canker in the mouthe.

TAke a flower Deluce roote, washe it and slice it, and a fewe leaues of Penie roiall, laye the in steepe in Conduite water, and so washe your mouthe with the water.

For a laske.

TAke an Egge, and *Aqua composita*, and boile it with the Egge till it be dyle, then take Sinamon and Suger, and eate with the Egge.

A medicine verie precious, called Flos vnguentum, good for all maner of maladies, that is to wit, against all sores, and woundes, against all maner impostumes in the bodde, or bodie, against hedache, singyng in the braine, or boilyng in the harte, shrinking of Sinewes, it draweth out any Thorne or broken bone, and all maner of ache out of the Liuer, Spiene, or Lunges, it helpeth the Hemerodes, and is verie good to make a Seare clothe for all gowtes, aches, and Pestilent botches, and therefore thistreu is worthely called, Flos vnguentorum.

Take

TAke Rosin and Pet, of eche halfe a pound, of Virgine Waxe and Franckinsence, of eche a quarter of a pounde, of Mastick an vnce, of Hartes sewet a quarter of a pounde, a quarter of a pounde of Campher, and twoo dragmes, melte that is to bee melted, and pare that is to bee pared, and searce it, boile them ouer the fire, and straine theim through a cloathe, into a pottle of white Wine, with all the other medicines together, then lette it coole, till it bee no hotter then blood warme, then put thervnto a quantitie of Turpentine, euer stirryng it vntill it bee colde: but euer beware that your stuffe bee no hotter then blood warme, when you put to your Turpentine, or els it marreth all your stuffe, and make it vp in rolles, and keepe it to your vse, and when you will, occupie it plaister wise to your greef.

¶ To make the blacke salue, that cureth all old Sores, and Vlcers, bee thei neuer so greate, foule, and stinking.

TAke a gallon of stale Ale beyng very strong, twoo handfulles of Woodbinde leaues, halfe a handfull of redde seeded Nettles, as muche Colewortes with the ragged leaues, halfe a pounde of redde Onions, halfe a pounde of Garlike pilled, a pounde of vnsette Leekes, a little dishfull or a handfull of the pouder of a rotten Poste of an Oke is best: let all these bee stamped small in a Mortar, seuerally by them selues, put them into the Ale with halfe a pounde of roche Allome, then set them ouer a softe fire, and let theim boile till the one parte, or more bee boiled awaie, then let theim stande three or fower daies, but first straine them through a cleane cloathe, into a cleane vessell, then put to theim halfe a pounde of Waxe, halfe a pounde of Rosen, halfe a pounde of the Marnell that is greene, a quantitie of stone Pomice, then set it ouer a softe fire againe, and let them boile till the one halfe bee consumed, then put it into a cleane yearthen potte, and stoppe it very

verie close, and vse thereof when you haue occasion.

Prescriptions and rules, made by M. Doctor Good, to be obserued at the Bathe.

WHen you come to Bathe after your iorney, rest and quiet your bodie for the space of a daie or two, and see the fashion of the Bath: how & after what sort others that are there doe vse the same.

If it be not a faire clere daie, go not into the open bath, but rather vse the water in a bathing vessell in your chamber, as many men doe.

The best tyme of the daie to goe into the Bathes is in the Morning, an houre and halfe after the Sunne rising, or there aboute, in the most quietest tyme, and when you shall feele your stomacke well and quiete, and that your meate is well digested, and haue rested well the night before: but before you goe into the Bathe, you must walke an hower or halfe an hower at the least in your Chamber or els where.

You must alwaies goe into the Bathe with an emptie stomacke, and as long as you are in it, except great necessitie require the contrarie, and then to take some little suppyng before your walkyng, or before you rise is not hurtfull: let your tarrieng in the Bathe bee accordyng as you maie well abide it, but tarry not to long in any wise at the first, although you maie well abide: that your strength at no tyme maie faile you.

You maie tarrie in the crosse Bath an houre and a half at a tyme after the first bathyng, and in the Kynges Bath you maie tarrie after the first bathyng at one tyme half an houre, or three quarters of an houre, but in any wise tarrie at no tyme vntill you bee faint, or that your strength faile you.

And if at any tyme you bee faint in the Bathe, then you maie drink some Ale warmed with a Toste, or any other

suppyng, or greene Ginger, or if greate neede bee *Aqua composita*; Metredatum, the bignesse of a Nut kernell at a tyme, either by it self, or mixed with Ale or other liquour.

As long as you are in any of the Bathes, you must couer your head very well, that you take no colde thereof, for it is very perilous to take any cold on your head in the Bathe, or in any other place durying your bathyng tyme.

Whē you come forth of any of the Bathes, see that you couer your self very well, and drie of the water from your body with warme clothes, and then put on a warme sheete and a Mantell, or some other warme Gowne for takyng of colde, and so goe straight waie to your warmed bed, and sweate there if you can halfe an houre, and wipe of the sweate diligently, and after that you maie sleepe a while, but you must not drinke any thyng vntill dinner tyme, except you bee very faynte, and then you maie take a little Sugar candie, or a fewe Raisons, or a little thinne broth, but small in quantitie to slake your thirst onely, because it is not good to drinke or eate by and by after the Bathe, vntill you haue slept a while, if you can.

After that you haue slept and sweate enough, and bee clerely deliuered from the heate, that you had in the Bath and in your bed, then maie you rise and walke a little, and so goe to your dinner, for by measurable walking, the euill vapours and windinesse of the stomacke that are taken in the Bathe be driuen awaie and vtterly auoided.

After all this, then goe to your dinner and eate of good meates, but not very muche, that you maie rise from the table with some appetit, so that you could eate more if you would, and yet you must not eate to little for decaying of your strength.

Let your bread bee of good sweete Meale, and of one daies bakyng or twoo at the most, and your meate well boyled or rosted, and especially let these bee your meates, Mutton, Veale, Chicken, Rabbet, Capon, Phesant, Partriche, the like.

You maie eate also freshe water Fish, so it be not muddie: as Eeles and the like: refraine all salt Fishe, as Ling, Haberdine, &c. auoyde all fruites and rawe Herbes, Sallettes, and the like.

Apparell your bodie accordyng to the coldnesse of the weather, and the temperature of the ayre, but in any wise take no colde.

And if you Bathe againe in the after noone, or at after dinner, then make a very light dinner, as a couple of poached Egges, a Caudle, or some thin broath with a Chicken, and then after fower or fiue houres your dinner so taken, you maie Bathe againe, and in any wise tarrie not so long in the Bathe as you did in the forenoone.

You must at no tyme goe into the Bathe, except you haue beene at stoole, either by nature or otherwise, and if by no meanes it will be of it self, then take a suppositarie once in two daies at the least wise.

For all maner of Wormes.

TAke Grouncell, and Plantine with the rootes, and stampe them and straine them with Malmesey, and warme it, and giue it the patient to drinke three daies together, it will kill all maner of Wormes, and if you haue an Ague, it will also ridd it by Gods grace.

A medicine for the Wormes in a childe.

TAke *Aqua composita*, that is made of Herbes, and wash the breast of the Childe, then take the pouder of Wirre very fine beaten, and strawe it vppon the breast of the Childe after that it is washed, and laie a warme cloth to it, and let it lye fower and twentie houres.

For the Wormes.

IF it fortune the Childe to voide a Worme, as often tymes thei doe, then take that Worme and drie it, so that you make it into a pouder, & giue it the Child to drinke in Ale or Worte, and it shall kill the rest of the Wormes,

or

or cause them to come forth aliue.

For him that hath drunke venome, and his bellie beginneth to swell or ake.

TAke greene Rewe, washe it, stampe it, and temper it with white Wine, and giue it hym to drinke.

To clere the voyce.

TAke Dragaine, Isope, Hartstung, Elicompaine, of Liquorice, and of Fenell, and boyle them together with cleane water, and so drinke it last and first.

A medicine for Tisicke and stoppyng in the breast, and to open the pipes.

TAke Parslie rootes, Fenell rootes, Succorie rootes, and take out the pithes of them, & seeth them in white Wine till thei be soft, seeth with them Gineper berries if you can get them, then straine it, when it is well sodden, put Pellitorie of Spaine to the Wine, and lett the sicke drinke of it morning and euening eight daies.

FINIS.

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Journ. Hort. 1876 1/2 Imperfect.
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